

## Sun Protection 2.14

Mackinnon Parade Children's Centre Inc. manages children's exposure to Ultraviolet Radiation (UV) exposure. Over exposure can cause skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in future skin cancer risk. Conversely, low vitamin D is a result of too little UV exposure. Vitamin D is essential for healthy bones, muscles, and general health.

### Purpose

This policy applies to Mackinnon Parade Children's Centre, educators, staff, students on placement, parents/guardians, children, and others attending the programs and activities of MPCC (*Mackinnon Parade Children's Centre*).

MPCC ensure all personnel involved in the everyday activities, programs and excursions are mindful and implement all relevant procedures pertaining to Sun Protection.

### Procedure

MPCC uses the sun protection measures outlined in this policy for all outdoor activities from the **beginning of August to the end of April** or **UV Index levels reach 3 and above**, which ever may come first.

MPCC provides a SPF 30+ sunscreen from the Cancer Council and where appropriate or will use a sunscreen provided by families for individual children under their personal views, whilst ensuring it allows for adequate sun protection.

### Educator's responsibility

- Educators will ensure babies under 12 months are kept out of direct sunlight, when UV levels are 3 and above, with the use of retractable blinds that create shade over the outdoor area on the Under 2's side of the building.
- Apply and assist children in applying sunscreen as per the instructions outlined in this policy- See 'Sunscreen' section of this policy
- Educators will ensure sunscreen is reapplied as required throughout the day.
- Educators will visit <https://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget> daily, within the above time frame throughout the year, to access the current local UV rating for North Adelaide.
- Educators will ensure they are following the procedures outlined in the policy and being Sun Smart within their own practices.
- Ensure children and other Educators are wearing their hats whilst exposed to high UV levels.

### Families' responsibility

- Upon enrolment, the enrolling parent will be required to give consent on the Enrolment form for sunscreen to be applied as per the procedures detailed within this policy.
- Alternatively, the enrolling parent needs to detail their preference for a provided Sunscreen to be applied to their child.
- Communicate with Educators if they have applied Sunscreen to their child prior to drop off and at what time.
- Ensure they purchase a hat from the service or provide a Sun Smart hat (broad brimmed).

### UV Posters

UV Posters will be displayed at the service and updated daily during the effectiveness of this policy to communicate the time period throughout the day in which the UV is at or over 3 and the maximum UV level intended to reach for that day.

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### Shade

- Outdoor areas are shaded where possible to protect children from overexposure to UV from the sun.
- Children are encouraged to use shaded areas outdoors.
- Educators will set-up play-based experiences in shaded areas where possible.
- The Under 2's Yard is equipped with retractable blinds that will be put out when the UV levels are that of, above 3 or when Educators may deem appropriate.

### Clothing

Children and Educators are encouraged to wear clothing to protect them from the sun when outside including;

- Clothing that covers as much skin as possible
- Clothing made from cool, tight woven fabric
- Tops with elbow length sleeves and if possible, collars and knee length or longer style shorts and skirts.
- If a child is dressed in a singlet top or dress they will be required to wear a t-shirt/shirt over the top before going outdoors.
- Hats are worn outdoors on days where the UV levels are high or during the time frame specified in this policy.

### Hats

- All children and Educators are required to wear hats that protect their face, neck and ears.
- The service provides broad-brimmed bucket hats for a small fee.
- Alternatively, families can supply their child a hat that complies with sun protection practices.
- Baseball or peak caps and visors are not considered a suitable alternative and will not be permitted, additionally hats with chin cords are considered a choking hazard and will not be approved for use.
- The service will automatically provide a hat for a child if the child does not have one or the hat supplied does not meet requirements. The small cost will be applied to the family's account.

### Sunscreen

SPF 30 or high broad spectrum, water resistant sunscreen is available at MPCC for children, employees, and visitors' use.

- Sunscreen will be applied at least 20 minutes before going outdoors.
- Sunscreen will be re-applied every 2 hours when outdoors.
- From 3 years of age children will be encouraged to apply their own sunscreen under supervision of Educators.

### Sunglasses

- Children are encouraged to wear *wrap around* style sunglasses that meet the Australian Standards, where practical.
- Educators and visitors should consider wearing sunglasses while outdoors due to Work, Health and Safety (WHS) requirements.

### Work, Health and Safety

As part of our WHS requirements, when outdoors all employees are required to:

- Wear a sun protective hat, clothing and sunglasses.
- Apply SPF 30+ or higher broad spectrum, water resistant sunscreen, and;
- seek shade whenever possible

Families and visitors are also requested to follow the above requirements.

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### Attachments

Individual medication/ sunscreen chart  
 UV poster display  
 Safe Work Procedures  
 MPCC fee Schedule

### References

Get Up & Grow

- Healthy eating and physical activity for early childhood (section 2) 2009

National Quality Area 2  
 Sun Smart Australia  
 Bureau of Meteorology

### National Quality Standards (NQS)

<b>Standard 2.1</b>	<b>Each child's health and physical activity is supported and promoted.</b>	
Element 2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
Element 2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
Element 2.1.3	Healthy lifestyle	Healthy eating and physical activity is promoted and is appropriate for each child.
<b>Standard 2.2</b>	<b>Each child is protected.</b>	
Element 2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.

### Education and Care Services National Regulations

National Law and National Regulations		Associated Element
Section 51(1)(a)	Conditions on service approval (safety, health and wellbeing of children)	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.2.3
Section 167	Offence relating to protection of children from harm and hazards	2.2.1
Regulation 77	Health, hygiene and safe food practices	2.1.2

### Authorisation:

The Board July 2020

Version 6 - revised May 2020, October 2019, May 2018, May 2017, June 2016, May 2015.

This policy will be reviewed biannually or as required